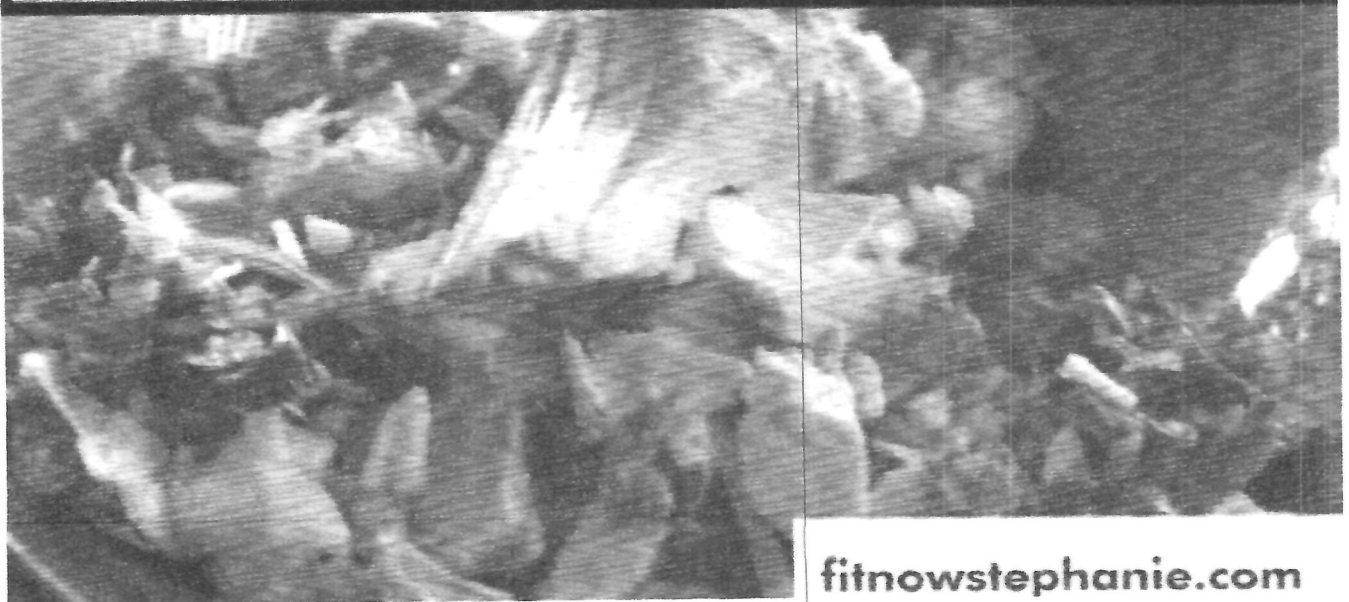



Daniel Fast Weekly Meal Plan

— *Week 1* —



fitnowstephanie.com



Choose your favorite option for breakfast, lunch, and snacks and make substitutions as needed.

Some other resources and ideas to help you get started:

- Starting a Daniel Fast: What to Eat and Not Eat
- Daniel Fast Daily Menu #1
- Daniel Fast Meal Plan Week 2
- Daniel Fast Meal Plan Week 3

If you'd like a printable shopping list for this Daniel Fast Week 1 Meal plan, download>>>[Daniel Fast Week 1 Shopping List](#)

Breakfast Options

- Oatmeal with fruit and nuts/seeds
- Apple or banana with natural peanut or almond butter
- Fruit and vegetable juice or smoothie

See 7 Daniel Fast Breakfast Ideas

Lunch Options

- Salad – raw vegetables topped with
 - a variety of raw vegetables
 - beans
 - fruits
 - avocados
 - nuts and seeds
 - simple dressings can be made with olive/grapeseed oil, fresh lemon juice, and red wine/balsamic vinegar
- Soup – vegetable, bean, lentil
- Lettuce wrap with hummus, bean or veggie filling
- Dinner Leftovers

Snack Ideas

- Raw Veggies and hummus
- Fruit (fresh or dried)
- Fruit and vegetable smoothies
- Nuts and trail mix
- Celery, apple, or banana with peanut or almond butter

Daniel Fast Dinner Recipes and Meals

The majority of these dinner recipes make 4-6 servings

Monday

- Spaghetti Squash and Veggie Meatballs topped with tomato sauce

- Side Salad*

Tuesday

- Crockpot Quinoa Chili Recipe from Divas Run For Bling. I omitted the sugar from the recipe and found that all the liquid was absorbed during cooking, so you might try adding a little more if you like a soupier chili.
- Side Salad

Wednesday

- Vegetable Stir Fry over Brown Rice
 - Chop and saute fresh veggies or
 - Use a frozen stir fry vegetable blend (which I did)
 - Top with some sesame oil, soy sauce, sesame seeds and nuts such as cashews or sliced almonds.

Thursday

- Corn Chowder
- Side Salad

Friday

- Leftover chili, soup, or salad

Saturday

- Quinoa Stuffed Avocados
- Side salad

Sunday

- Large Veggie Salad topped with beans (or chickpeas), nuts and seeds
- Side of Naan or flat bread with olive oil for dipping

***Note:** This meal plan contains a LOT of salad. You don't need to eat a side salad every night, but it's optional if you're hungry for something besides the entrée.

You could also include a side of steamed, sautéed or this [Easy Roasted Vegetable Recipe](#).

If you get bored with salad quickly, try to be intentional about mixing up the veggies and toppings from day to day.

Daniel Fast Week 2 Meal Plan and Shopping List

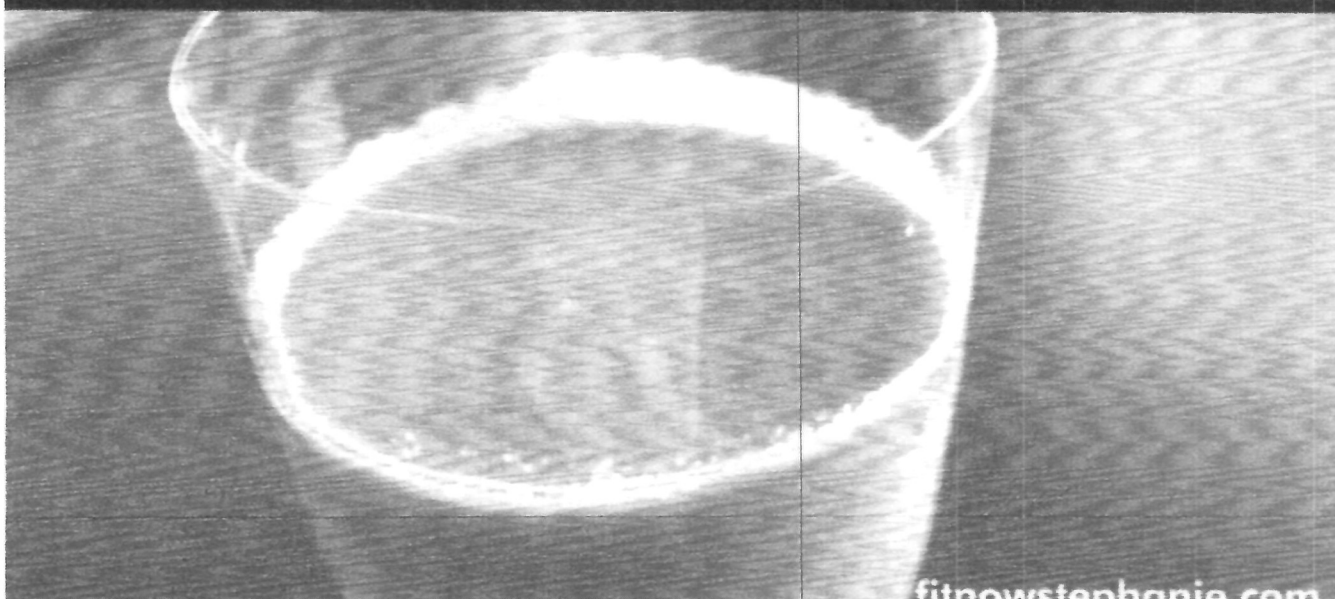
02/05/2015 By Stephanie 8 Comments

Have you used the dinner recipes from Week 1 of the Daniel Fast Meal Plan? You can also pick and choose from the following Week 2 dinner ideas to create a delicious, and very healthy, weekly menu following Daniel Plan guidelines.



Daniel Fast Weekly Meal Plan

— *Week 2* —



The majority of the meals in the dinner meal plan and shopping list will serve 4-6 adults. Don't forget to include your breakfast, lunch, and snack items on your shopping list

Download the Week 2 shopping list pdf here >>>>>>Daniel Plan Shopping List Week 2

Monday

- Balsamic Roasted Vegetables
- Serve over whole grain Couscous or brown rice

Tuesday

- Black bean soup with tofu croutons from Pumps and Iron

Wednesday

- Chopped Asian Salad – Recipe from FitNow blog, omit the chicken for Daniel plan

Thursday

- Cashew Chickpea Curry
- Serve over Brown Rice

Friday

- Leftovers

Saturday

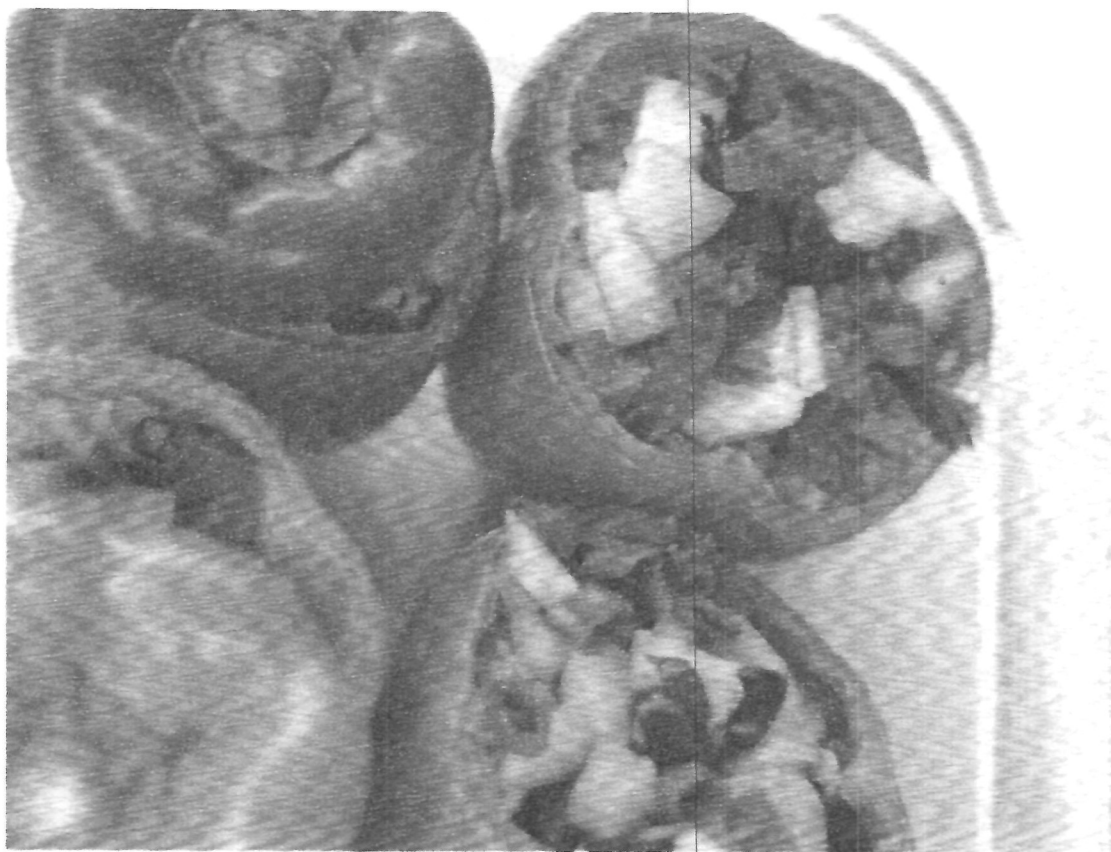
- Greek Salad – Layer chopped lettuce, tomatoes, cucumbers, bell peppers, red onion and olives. Drizzle with olive oil and balsamic vinegar.

Sunday

- Eggplant Caponata
- Serve with whole grain pita wedges or flat bread

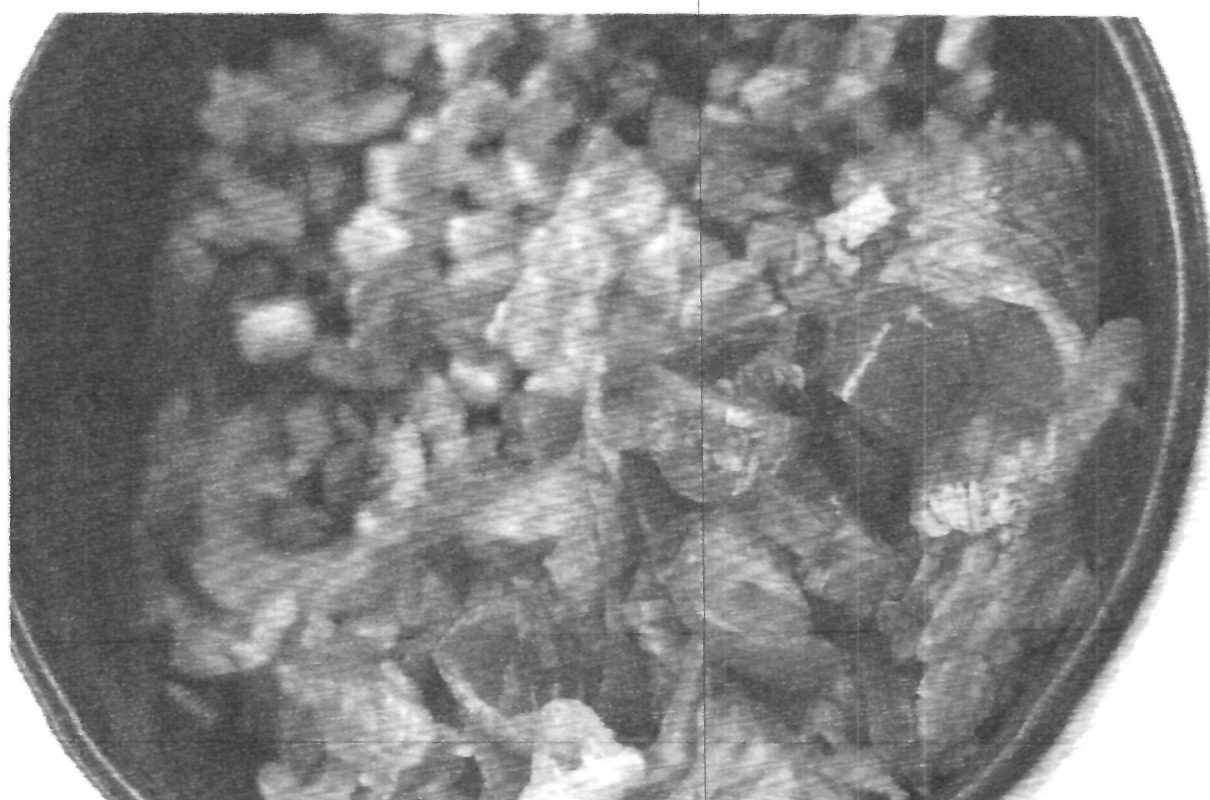
Eat #healthy with this Daniel Fast weekly dinner plan – shopping list & recipes

CLICK TO TWEET



Daniel Fast Week 3 Meal Plan

— fitnowstephanie.com —



Download the Week 3 shopping list pdf here>>>[Daniel Fast Week 3 Shopping List](#)

Daniel Fast Week 3 Dinner Menu Plan

Monday

- Slow Cooker Vegetable and White Bean Soup

Tuesday

- Mediterranean Quinoa Stuffed Bell Peppers

Wednesday

- Veggie Burrito Bowls

Thursday

- Quinoa Vegetable Stir Fry bowls

Friday

- Lentil Soup – there are many boxed and canned versions you can purchase at the store or try one of the following recipes. If you do purchase ready made soup, make that swap on the shopping list – remove 32 oz of broth, diced tomatoes and dried lentils and add ready made soup.
 - Try this Crockpot version (add another potato to your shopping list) from Family Fresh Meals
 - Lentil Tomato Soup from Genius Kitchen (add spinach and marjoram to your list, use apple juice or broth instead of wine)

Saturday

- Leftovers or Takeout

Sunday

- Green Apple Salad: Layer the following ingredients
 - 8 c mixed greens
 - Green apple, cored and thinly sliced
 - 1/2 cup walnuts
 - 1/2 cup shelled pistachios
 - 1/2 cup chopped dried apricots
 - Whisk together dressing: 1/2 cup olive oil, 1/2 cup cider vinegar, juice of one lemon
 - Pour dressing over salad and toss

Daniel Fast Week 3 Shopping List

Download a pdf shopping list here>>>[Daniel Fast Week 3 Shopping List](#)

Produce

- 8 cups mixed salad greens
- 1 head romaine lettuce
- 3 green bell peppers
- 3 bell peppers (red, yellow, orange of choice)
- 3 yellow or white onions
- 1 red onion
- 1 bulb garlic
- 1 large baking potato
- 3-4 tomatoes
- 2 cucumbers
- Celery
- 1 small head broccoli
- 1 bag carrots
- 1 bunch green onions
- 1 bunch cilantro
- 2-3 avocados
- 8 oz button mushrooms
- 8 oz shitake/stir fry mushrooms
- Stir fry veggie blend (or additional broccoli, carrot, bok choy, snow peas, etc)
- 1 Granny Smith apple
- Lemons
- Other fruits and veggies for breakfast, lunch, snack

Canned Goods

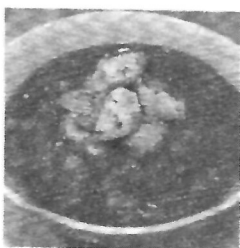
- 1 can black beans
- 1 can cannellini or white kidney beans
- 1 package lentils
- Brown rice
- Quinoa (approx 16 oz)
- 7 oz can Mexican corn
- 1 28 oz can diced tomatoes
- 4 oz can sliced black olives
- Kalamata/Greek olives
- 80 ounces vegetable broth
- Sliced almonds
- Pistachio nuts (shelled)
- Walnuts
- Dried apricots

Frozen/Cold

- Edamame (1 cup)
- (stir fry blend if not purchased fresh)

Pantry

- Sesame Seeds



Vegan Black Bean Soup



Prep

15 m

Cook

30 m

Ready In

45 m

Recipe By: YCHRISTINE

"Easy to make, thick, hearty soup with a zesty flavor."

Ingredients

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder

1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black beans
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

Directions

- 1 Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.
- 2 Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

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Kroger

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COLUMBUS, MS 39705

Pompeian
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weeks

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Collection
Organic
Ground Cumin
1.5 Oz
\$4.49 for 1 item -
expires in 3
weeks

McCormick
Pure Ground
Black Pepper 3
Oz
\$3.69 for 1 item -
expires in 3
weeks

La Preferida
Black Canned
Refried Beans
16 Oz